



healthyfood@sport

Tips for Using the Traffic Light System– Fact Sheet

'GREEN' UP YOUR MENU

- **Promotion:**
Foods categorised as **GREEN** should be the focus of the menu. Foods that are presented and promoted are likely to be purchased.
- **Serve size:**
Keep the serve size small for those foods considered **AMBER**, for example muffins, savoury pies and sausages.
- **Sandwiches, rolls and wraps:**
Choose wholegrain, wholemeal, multigrain or fibre enriched bread. Add salad vegetables to sandwiches (tomato, lettuce, shredded carrot, shredded zucchini, mushrooms, cucumbers).
- **Cheese and yoghurts:**
Choose low fat or reduced fat products.
- **Pre-packaged pasta:**
Fresh tomato or vegetable-based sauces are the best choice. Pastas with cream based sauces tend to be higher in saturated fat and sodium. Look for items with reduced saturated fat and salt.
- **Pizzas:**
Bread based and pita bases pizzas made with low fat cheese and lean meats will have less saturated fat and salt.
- **Muffins, cakes, scones:**
Choose un-iced and small serves. If homemade, then reduce the amount of sugar by adding pureed apple, mashed banana or berries and replace half of the flour with wholemeal flour.
- **Drinks:**
Encourage water consumption by having a bubbler or water taps available to refill water bottles. Otherwise, choose unflavoured/unsweetened bottled water, reduced fat milk or fruit juices. Juices with at least 99% fruit/vegetable juice and the maximum of 250ml per serve are considered **AMBER**.



- **Flavouring:**

Use spices and herbs instead of salt to decrease the amount of added salt to foods.

- **Sauces and spreads:**

Read the label for products with low or reduced fat, low or reduced salt or 'no added salt'.

GETTING STARTED WITH MARKETING A GREENer MENU

Understanding the 'Traffic Light System'¹ is a great start to achieving a GREENer menu, however as you will know the task does not end there. Here are some tips for introducing and promoting new and GREENer items in your sporting canteen:

- Make RED items less visible and not at eye level.
- Make sure GREEN items are in the best view. Presentation of food is also really important – make sure the healthy options look good to entice customers to purchase them.
- Introduce changes gradually. This could mean removing one RED item at a time or replacing with an AMBER, adding a GREEN food to a meal deal that has a RED item and then eventually replacing the RED item with a healthier option.
- Rearrange the menu to list GREEN and AMBER options first and RED items last, or put the appropriate 'traffic light' colour next to the food so that customers are able to identify the healthier options.
- Use **catchy heading names** e.g. 'Wicked Wraps' or 'Frozen Goodies'. Menus should avoid using the word 'Treat' on the menu. Instead, list the heading as 'Amber Snacks' to identify snack items which are not the 'Greenest'.

In addition to these tips, it is also really important to communicate the changes and why they are being made to the sporting club community.

¹ Guidelines for healthy foods and drinks supplied in school canteens, 2010, Commonwealth of Australia.

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